

McDowell Competitive Track

Caution: This TRACK is for high speeds, challenging one's skills, and racing. Use TRAILS elsewhere in the park for leisurely travel.



Long Loop

Sport Loop

Technical Loop

Connector

1.15 Track segment in Miles

(1.85) Track segment in Kilometers

Distances on map are for selected segments between junctions (●), or junction and parking.



Pump Track



Service road (Restricted)



Locked gate



Scale = 1:16,000

150 0 150 300 450
Meters

500 0 500 1000 1500
Feet

0.1 0 0.1 0.2 0.3
Miles

Contour Interval 20 Feet

SLOWER
YIELDS TO
FASTER



Self-service pay station



Parking



Information kiosk



Restrooms

SPORT

1. DOUBLE DIP
2. T-BURNER
3. CLAY PIT

TECHNICAL

4. THE LEDGE
5. T-BONE RIDGE
6. THE CHUNNEL
7. DAN'S DELIGHT
8. THE BOWL

LONG

9. BOSS PICK DROP
10. PEMBERTON WASH
11. GATE CROSSING
12. CADIENTE'S CORNER
13. THE STEP
14. RED DOT HILL
15. THREAD THE NEEDLE
16. SOUTH RIDGE
17. CACTUS CORNER
18. PICNIC TANK
19. CONVICT CORNER

McDowell Mountain Competitive Track

McDowell Mountain Regional Park

Maricopa County, Arizona



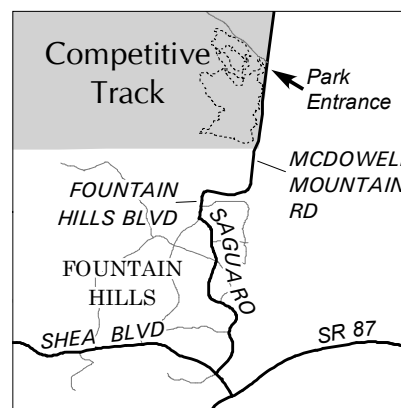
Cross-country runners
Joggers



Fast bicyclists
Technical riders



Trotting, galloping equestrians
Endurance riders



CAUTIONS

Track is for high speeds, challenging one's skills, and racing.
Use trails for leisurely traveling.

Even though speed is permitted, this track has challenges.
Pre-ride or run the course at a reasonable speed first.
The Technical Loop is the most difficult. It is for experts only.

Use of the Track

- The track varies from 2 to 10 feet wide. Use the whole cleared width for your own tread and for passing.
- The track is designed and maintained for skilled users. Please do not "improve" or sanitize it. Do not shortcut. Mud, rocks, sharp curves, etc. are the challenge of the course.

Track Etiquette and Safety

- Slower users yield to faster users.
- Call out before passing.
- Stay on the designated track.
- Travel in the one-way direction as marked.
- Take extra water and allow yourself extra time. A sprained ankle, bent rim, or thrown shoe will delay you.
- Track closes at sunset.
- It is strongly recommended that mountain bikers wear helmets and other protective gear.

The McDowell Competitive Track

- Consists of 3 loops with 3 connectors.
- Total tread length is 13.7 miles (22.1 kilometers).

- Is open daily for individuals and informal groups, except during special events. For event information contact the park office.
- Has a large parking area, water, restrooms with showers, and a bike wash rack.
- Camping is available nearby. Contact the park office for reservations and fee information.

The Long and Sport Loops

- Long Loop is 7.9 miles (12.8 kilometers) long.
- Sport Loop is 3.0 miles 4.8 kilometers) long.

The Technical Loop

- Requires a high level of skill.
- Is the most difficult of the 3 loops.
- Is 2.7 miles (4.4 kilometers) long.

The Pump Track

- It is a series of low key dirt berms, rollers and banked turns that increase a cyclist's bike-handling ability to the point of being able to circle the pump track without pedaling simply by shifting their weight as they descend the rollers.

Physical Address:
McDowell Mountain Regional Park
16300 McDowell Mountain Park Dr.
MMRP Arizona 85255

Mailing Address:
McDowell Mountain Regional Park
PO Box 18415
Fountain Hills, AZ 85269-8415

Telephone: (480) 471-0173
mcdowellpark@mail.maricopa.gov
Web site: <http://www.maricopa.gov/parks/mcdowell>



Maricopa County
Parks and Recreation